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SHARING.



Capital Health admits to serious errors

Mix-ups led to unneeded mastectomy and delayed cancer treatment

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Independent review will examine the handling of the Rehtaeh Parsons case

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Wallin defiant on expense audit

Former Conservative senator promises to repay disallowed expenses, said to be \$140K

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GOOD JOBS!

NOT MANY, PERHAPS, COULD SEE ASHTON KUTCHER BEYOND HIS SEXY/CLOWN PERSONA, BUT HE MADE HIMSELF SICK TO PLAY STEVE JOBS PROPERLY

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DELIVERY BOY COURIER

Retired American tennis star Jim Courier returns a shot from Mikael Pernfors during the Legends Cup match on Monday night on the Halifax waterfront's Salter Street Parking Lot. Several hundred fans came out to watch Courier come out on top. Story, page 17 JEFF HARPER/METRO

Community shocked by death

Hockey. Bedford's Jordan Boyd, 16, dies on ice with QMJHL's Bathurst Titan



ANDREW RANKIN

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When the starstruck nine-year-olds took to the ice for a playful scrimmage against Jordan Boyd and the Bedford major bantam hockey players, the teenager made sure they felt welcome.

That was three years ago. It's the memory that Kendall MacPhee, Boyd's former atom and bantam coach, says best reflects the character of the 16-year-old Bedford native, who died tragically practising with the QMJHL's Bathurst Titan on Monday.

"He just took a real interest in the kids, wanted to take them under his wing," said MacPhee. "He was like that as a teammate, in the dressing



Jordan Boyd HANDOUT

room; he was well liked by his teammates."

MacPhee had already spent time earlier in the day consoling one of Boyd's former teammates.

According to a QMJHL release, Boyd was skating during an individual training session with the Titan on Monday when he suddenly collapsed on the ice. After the Titan medical team tried unsuccessfully to revive him, he was transported to hospital, where his death was confirmed.

Devastated by Boyd's death, MacPhee said the teenager's mother was his No. 1 fan. "She

never missed a game," he said. "I can't imagine what the family is going through right now."

MacPhee had a chance to congratulate his former stalwart after he was selected by the Titan in June's league draft.

"I was pretty proud. I said, 'You're the third Nova Scotian selected, not too bad.' I talked to him and his father and his parents were really proud of him."

Paul MacIsaac, past president of the Bedford and District Minor Hockey Association, watched the young athlete develop over the years.

"We all have kids that age; it's devastating," he said.

MacIsaac is friends with Boyd's parents, and his son was his bantam teammate last year.

"From talking to his family, they were very much looking forward to Jordan participating in the tryout (with Bathurst) and him going further in his hockey career, because he worked very hard at it," said MacIsaac.



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Fatal collision

Police ID victim of motorcycle crash

RCMP have released the name of a 63-year-old motorcyclist from Lower Sackville who died in a crash near Elmsdale on Sunday.

Police say Ronald Edward McNeil died at the scene after a motorcycle and tractor-trailer collided just north of Exit 8 on Highway 102 at about 9:30 p.m. It's believed the victim lost control of his vehicle and, after falling to the road, was struck by the tractor-trailer.

The fatal crash is the seventh this year on Nova Scotia roads. Of those, three have happened in HRM. The most recent was on July 23 on Highway 7 in East Preston.

The others were May 29 on Cow Bay Road and April 12 at Exit 19 in Porters Lake.

PHILIP CROUCHER/METRO

18-month sentence

Man given house arrest on drug charge

A Cape Breton man's claim that he used, bought and sold marijuana strictly for medicinal purposes did nothing to sway provincial court Judge Peter Ross when it came to sentencing on Monday.

"The Crown says you were trafficking. You say you were acting as a naturopathy. It is not up to you to play doctor with those people," Ross said in imposing an 18-month conditional sentence on Barry Charles Morgan.

The 33-year-old father of one pleaded guilty to possession for the purpose of trafficking in marijuana. The offence occurred Dec. 31, 2012, in Donkin. Police seized \$3,531 in cash, 40 grams of hash oil, 37 grams of hashish and nearly three pounds of pot.

The court was told that Morgan started using marijuana to control anxiety.

The court was also told he sold pot to other adults only seeking pain and other relief from a variety of illnesses.

Ross told Morgan that if he wanted to use marijuana legally, he needed to apply for a special licence issued by the federal government.

CAPE BRETON POST



"It's really important for us for the public to have trust and faith in our system, and we don't ever want them to think we're hiding things," said Capital Health CEO Chris Power on Monday at the Halifax Infirmary. JEFF HARPER/METRO

Patients undergo needless mastectomy, biopsy after mix-ups

Capital Health.

Agency says records were switched and tissue mislabelled



HALEY RYAN
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Capital Health is assuring people changes are coming after a woman had an unnecessary mastectomy and someone else received a biopsy that wasn't needed, in two separate mix-ups.

Chris Power, CEO of Capital Health, said in an interview that the health authority is informing the public of the errors because it wants to be open and transparent.

"It's really important for us for the public to have trust and faith in our system, and we don't ever want them to think we're hiding things," Power said on Monday.

She said Capital Health became aware of the first "adverse event" near the end of April, and the second one in March.

Quoted

"These things happen from time to time, and we do everything we can to prevent it, but sometimes it just happens." Capital Health CEO Chris Power

In the first case, two patients had their reports switched so the results of one tissue analysis showed up on the other person's file. The result was a woman had a mastectomy that wasn't required.

"She would have thought that she had cancer because that's what the report would have said to her, and so would her doctor," Power said.

She said the mistake was found when the agency's quality-assurance program picked up that the woman's report didn't match her original biopsy.

In the second case, two tissue samples were mislabelled before analysis, which led to one person having an unnecessary biopsy and the other not receiving correct treatment right away.

Power said the agency waited this long to come for-

ward because it conducted one review and is finishing the second one. She also said Capital Health wanted to focus on the patients and help them cope with treatment.

"You can imagine how emotional this has been for them ... the full gamut of relief to anger to everything in between," Power said.

This is the first time something like this has happened in Nova Scotia, Power said, but similar cases have occurred in Canada.

She said Capital Health is implementing a bar-code system for lab specimens, and a robotic lab that will limit human error.

"It will be much more computerized," she said. "These will help us to be sure that this doesn't happen again."

The new systems are expected to be ready in 2014.

Aftermath

No lawsuits pending: CEO

After four patients were affected in two mix-ups this spring, one resulting in an unnecessary mastectomy, Capital Health says it has not been contacted about a lawsuit.

CEO Chris Power said on Monday that the agency has not been served with papers by any of the patients.

"That certainly will be up to the patients to do that, whether they believe that they want to go down that path or not," Power said.

She said Capital Health has apologized many times to the patients and rescheduled the surgeries they need.

She added Capital Health offered regular support of the patients' care, but no compensation was offered. HALEY RYAN/METRO

N.S. justice minister hoping 'no stone goes unturned'

Rehtaeh Parsons.

Ross Landry announces review into police, prosecutors handling of case



HALEY RYAN

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Rehtaeh Parsons
FACEBOOK

The man in charge of examining the original Rehtaeh Parsons investigation said he'll be looking at whether today's policies are "adequate" in the light of modern technology and social media.

On Monday, the province announced Murray Segal will review the actions of the Public Prosecution Service and Halifax police who handled Parsons's alleged sexual assault two years ago beginning in September.

"This is a tragic case that has captured the hearts and the minds of Nova Scotians and Canadians," said Segal, a lawyer, government adviser and the former chief prosecutor of Ontario.

"It's a very complex situation that reflects the new realities brought on by advanced technology," he said over the phone during the announcement.

In April, Parsons died in hospital following a suicide attempt. She had been bullied by classmates since an alleged gang-rape when she

was 15, and a photo of the incident was passed around school.

Segal said during the review he will meet with officers and Public Prosecution staff who were involved in the original case, and talk with Rehtaeh's family.

"We can never lose sight that we're here today because we lost a 17-year-old ... young woman, and it's important that we keep that focus," Justice Minister Ross Landry said.

He also said the review will cost \$200,000, and Segal said he will use assistants to help him collect data over a six-month time frame.

Landry said the review is not about calling police into question, but is a result of Premier Darrell Dexter vowing to examine every aspect of Rehtaeh's case and take action against cyberbullying.

"Our goal is to ensure that no stone goes unturned, and to give the ... broadest perspective of what transpired here," Landry said.

The review will look at



Justice Minister Ross Landry arrives at a news conference in Halifax on Monday. Landry announced the appointment of Murray Segal, a former Ontario prosecutor and civil servant, to conduct an independent review of the handling of the Rehtaeh Parsons case by police and the provincial Public Prosecution Service.

ANDREW VAUGHAN/THE CANADIAN PRESS

Child porn charges

Police would act on new info

During the review announcement Monday, Nova Scotia's Justice Minister didn't comment on the recent child-porn charges that were laid against two teens after

police reopened the Rehtaeh Parsons case.

Ross Landry had stated as soon as the newer police investigation wrapped up, he would begin the review into how police handled Parsons's alleged sexual assault two years ago.

Because the case is now be-

fore the courts, Landry would not comment on the child pornography charges but said if any new evidence comes up police would act on that.

"If new information came forward they would carry out the appropriate and investigative procedures," he said.

METRO

Quoted

"All our systems ... should be under the scrutiny of the people." Justice Minister Ross Landry

A chronology of events in the Rehtaeh Parsons case

• **April 9** Leah Parsons speaks out about her daughter's death. Rehtaeh had died two days earlier, when she was removed from life support after attempting suicide.

• **April 11** People fill a Halifax park to remember Parsons at a vigil and also to call for an end to violence against young women and girls.

• **April 12** The RCMP says it's reopening its investigation of the Parsons case after receiving new evidence.

• **April 15** Premier Darrell Dexter says the province will launch an independent review of the RCMP's original investigation of allegations made by Parsons.

• **April 18** Nova Scotia appoints two experts to review how the Halifax Regional

School Board, the Capital District Health Authority and the IWK Health Centre responded to the Parsons case.

• **April 24** Prime Minister Stephen Harper meets with members of Parsons family in Ottawa. In question period, he says it's time to speak out against the notion that anything goes on the Internet.

• **May 10** Harper meets with the relatives of four teenage girls who died after being harassed online.

• **June 14** A review by two experts says the Halifax Regional School Board could have done more to help Parsons.

• **June 25** The Nova Scotia government appoints an independent expert to review mental-health programs and

policies at the IWK Health Centre after an earlier report raised concerns about the hospital.

• **July 19** A report by the federal and provincial governments says the Criminal Code should be changed to make it illegal to distribute intimate photos without someone's consent.

• **Aug. 8** Two 18-year-old men are charged in the case.

One is charged with two counts of distributing child pornography and the other is charged with making and distributing child pornography.

• **Aug. 12** A former Ontario prosecutor is appointed by the Nova Scotia government to conduct an independent review of the handling of the case by police and the provincial Public Prosecution Service. **THE CANADIAN PRESS**

Determined Philippine newcomer asks the right questions to find her way

"Don't be afraid to ask questions, because people here want to help immigrants," says newcomer Carrie Palaganas. Determined to succeed, she took that approach during her first weeks in Canada, arriving with her husband and teenage son in the midst of the Edmonton winter.

"It was really difficult since we came from 28 degrees to -28 degrees, and we did not have enough warm clothes," recalls Carrie, a former banker and registered nurse who left the Philippines to access better opportunities for her son.

"Fortunately I had some living angels here," gushes Carrie, speaking of her immigration agent, her family and a high school friend who moved to Alberta a decade earlier. "With their help, we found winter clothes, got our paperwork organized and found an apartment in the city and on the school bus routes."

Carrie was also impressed by the team at the Edmonton Commercial Banking Centre and Main Branch, including Customer Service Officer Janelle Brideau, who alleviated her concerns about protecting the savings the family brought to Canada.

"Banking is very complicated here, with so many different accounts, but they helped us choose the right package with the best benefits," says Carrie, referring to the **Scotiabank StartRight**® Program.¹ Through the **StartRight** Program, Carrie received a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits. "I realized that a credit card is important because you need to build credit history if you want to buy a car or house someday."

While Carrie praises the kindness of others, she made a point of seeking advisors to answer her questions, even among fellow commuters who helped her navigate the transit system. "In the Philippines, everything was just around the corner," she laughs.

Carrie also showed perseverance to succeed. When she realized it would take time to recertify as a nurse, she applied her personality and bank work experience to earn a position at Scotiabank as a customer representative. "Now I can make other newcomers comfortable," says Carrie. "The other day a customer remarked, 'Thank goodness there is a Filipino here,' since she preferred to conduct her banking in our native dialect."

From her own experience, Carrie urges newcomers to, "Find a good bank that has nice people who want to know you and help you start a new life. Don't be

afraid to ask questions to understand all the facts."

"In general, I would tell other immigrants to be strong and hang on, because this is a better place and people here will help you," concludes Carrie. "Today, I can see the sun is shining."

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Carrie Palaganas is now enjoying sunny days in Canada, after getting answers to her newcomer questions from helpful advisors at Scotiabank.



Renee Omlas
Scotia advisor

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1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

Roundtable report author gives update on crime review

Clairmont. Eight years later, criminologist says serious problems regarding violence persist in HRM



RUTH DAVENPORT
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The university criminologist leading a review of the Mayor's Roundtable on Violence report says it's focused on several issues still of significant concern or particular relevance to HRM.

Dr. Don Clairmont gave the Board of Police Commissioners an overview Monday of the review requested by council in March, saying work is underway to revisit the report, its outcomes and the status of the original recommendations.

"The bottom line is always, what are the implications and what can and should HRM do about it?" he said. "We're not just in here to write a strong ac-

Quoted

"It's a complicated world out there with respect to violence and public safety.... What we want to do is make sure that what we do is solid, logical, well evidenced and very defensible."

Criminologist Dr. Don Clairmont

demic paper."

Clairmont said he's called on other experts to focus on specific topics and report their findings to him.

Clairmont himself will be involved with updating crime statistics in HRM, examining the circumstances in which shootings occur and the thorny issue of race relations.

"The over-representation of African Nova Scotians as victims and offenders should be dealt with," he said. "That still is a big issue."

Other experts will be asked to work on crime in the downtown core, the

"social construction" of violence, organizational concerns, the need for housing, youth crime and gangs, offender reintegration, and gender violence.

"Sexual assault, on a two-year average, hasn't come down very much at all," said Clairmont, adding sex-trade workers are also disproportionately represented among the victims of murder and assault in HRM and across Canada.

Clairmont said he's expecting to find some changes since the first review in 2006, and he's prepared to make new recommendations.

"In the initial roundtable ... we had public expectations that the city is violent, and the statistics indicated that indeed we did have a big problem with violence," he said. "We're not sure that strong correlation exists now."

The review is expected to be completed in September.

Follow Ruth Davenport on
Twitter @ncnvenientruth



Police collect evidence after shots were fired on Isleville Street in June. Experts are revisiting the Mayor's Roundtable on Violence report, its outcomes and its original recommendations. JEFF HARPER/METRO

Total crime down, but fraud, violent crime rise

Crime statistics in the Halifax Regional Municipality for the second quarter of 2013 show a bump in fraud cases, but police say it's not linked to any particular scam.

The numbers, presented to the Board of Police Commissioners Monday, show

a 37 per cent increase in fraud incidents reported to RCMP and an 18.5 per cent increase in cases reported to Halifax Regional Police, compared to the second quarter of 2012.

"Investigators continue to get frauds of all types ... but there's no specific scam

or fraud that's driving up the numbers," said RCMP Cpl. Scott MacRae.

MacRae said the trend could be a result of increased vigilance among members of the public, or a consequence of more people spending time online where fraud is prolifer-

ating.

Although the total number of Criminal Code offences fell in HRP and RCMP jurisdictions, violent crime was up compared to the same time last year.

The increase was less than one per cent in HRP territory but just over nine

per cent in the RCMP district, driven in both jurisdictions by an increase in assaults.

The regional force reported a 12 per cent drop in total property crime. RCMP reported a drop of 11 per cent.

RUTH DAVENPORT/METRO

By the numbers

10.5%

The reduction in overall crime for the Halifax Regional Police jurisdiction when compared with second quarter of 2012. Crime is down six per cent for the RCMP.

Bids being weighed

Province to offer status report on Yarmouth ferry

The province says it will provide an update Tuesday on the future of a ferry service between Yarmouth and Maine.

The provincial government has been evaluating business plans from three companies to determine whether any of the bid-



Finance Minister Graham Steele

ders are capable of running a viable service. The assessment is being conducted with help from the Nova Scotia International Ferry Partnership.

The government re-

jected two bids earlier this year, saying neither met the criteria for a sustainable operation.

A department spokesman would not say whether the government has accepted one of the proposals.

The Yarmouth-to-Maine link was discontinued in December 2009 after the province cut its annual \$6-million subsidy when it concluded the money-losing business wasn't viable.

THE CANADIAN PRESS

North Sydney

Power outage delays vessel

Marine Atlantic says the arrival of one of its ferries in North Sydney was delayed by about an hour Monday when a mechanical problem cut engine power and electricity aboard the vessel.

Spokesman Darrell Mercer says the MV Highlanders was travelling from Port aux Basques,

N.L., with 628 passengers aboard and was about 20 minutes from docking when its power failed.

He says the ferry dropped anchor in Sydney harbour while the problem was fixed.

Mercer says electricity was restored and the engines were back up and running after about 30 minutes.

An inspection was planned to determine the cause of the power failure. CAPE BRETON POST

Provincial cash

Sports facility lands \$42K

The Al MacInnis Sports Centre received \$42,000 from the province on Monday to help improve its facilities.

The Port Hood and District Recreation Commission will spend the cash on mechanical upgrades, equipment purchases, painting and other maintenance. METRO

London 'smart bins' trashed for sweeping up smartphone data

The bin who spied on me. The innocuous-looking receptacles are under investigation for phone hacking after reaching more than four million devices this year



KIERON MONKS

Metro World News in London

They look like normal recycling bins, with a display screen showing news updates and adverts. But new "smart bins" in London have been secretly harvesting personal data and are now under investigation, in possible violation of European Union law.

The model from technology company Renew has been collecting the unique electronic signatures (MAC addresses) from passing smartphones,



Graphic of a Renew bin extracting the MAC addresses from passing smartphones. The company that has been collecting the information is now being investigated for secretly gathering personal data. CONTRIBUTED

reaching more than four million devices in trials this year. The company claims the data reveals the user's route, frequency of visit, and time at a location, which it would pro-

vide for advertisers to personally target consumers.

On Monday, the City of London ordered the company to stop the practice and referred it to the data protection body

Information Commissioner's Office (ICO) for investigation. "Anything that happens like this on the streets needs to be done carefully, with the backing of an informed public," it

said in a statement.

Renew director Kaveh Memari downplayed the investigation, telling Metro the data gathered is "always anonymous." Memari said the practice was "just a trial at this stage to see if the technology worked to merit a longer term discussion."

But he may be in conflict with the EU "Cookie Law" that states permission is required to gather personal data, or cookies (tiny individual databases websites used to identify past users). "The majority of opinion is that MAC address and location is personal data and requires consent," Richard Beaumont, expert on data protection law at The Cookie Collective, told Metro. "Four readings is enough personal information not to be anonymous."

Beaumont added that it is not a surprise the authorities were unaware as regulation is outdated.

You know you want it?

A spokesman of the U.K. Advertising Association said this type of data gathering went too far, but added most people want tailored advertising. The source noted a 2012 Accenture survey showed just 36 per cent of people objected to being tracked.



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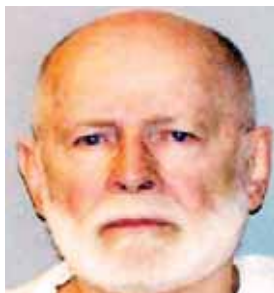
Boston. Notorious mob boss turned informant convicted of 11 killings

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.

Bulger could get life in prison at sentencing Nov. 13. But given his age, even a modest term could amount to a life sentence.

One woman in the gallery taunted Bulger as he was being led away, apparently imitating



James "Whitey" Bulger, who was on the run for 16 years. U.S. MARSHALS SERVICE/THE ASSOCIATED PRESS FILE

machine-gun fire as she yelled: "Rat-a-tat-tat, Whitey!"

Bulger skipped town in 1994 after being tipped off — by a retired FBI agent, it turned out — that he would be indicted. **THE ASSOCIATED PRESS**

Stop-and-frisk. New York police unfairly targeting blacks, Hispanics: Judge

The New York Police Department illegally and systematically singled out blacks and Hispanics under its stop-and-frisk policy, a federal judge ruled Monday while appointing an independent monitor to oversee major changes, including body cameras on some officers.

"The city and its highest officials believe that blacks and Hispanics should be stopped at the same rate as their proportion of the local criminal suspect population," U.S. District Judge Shira Scheindlin wrote in her ruling.

"But this reasoning is flawed because the stopped population

is overwhelmingly innocent — not criminal."

Mayor Michael Bloomberg said he would appeal the ruling, which was a stinging rebuke to a policy he and the NYPD have defended as a life-saving tool that helped lead the city to historic crime lows.

"This is a dangerous decision made by a judge who I think does not understand how policing works and what is compliant with the U.S. Constitution as determined by the Supreme Court," Bloomberg said. "I worry for my kids, and I worry for your kids.... Crime can come back any time."

THE ASSOCIATED PRESS

Baby's name changed

Only Jesus can be called 'Messiah,' judge rules

A judge in Tennessee changed a baby boy's name to Martin from Messiah, saying the title was earned by one person: Jesus Christ.

Child Support Magistrate Lu Ann Ballew ordered the change last week, according to WBIR-TV. Messiah was No. 4 among the fastest-rising baby names in 2012, according to the Social Security Administration. **THE CANADIAN PRESS**

Mideast peace

Israel names the first Palestinians to be freed in deal

Israel on Monday published the names of 26 Palestinian prisoners, most of them held for deadly attacks, who are to be released this week as part of a deal that has revived Mideast peace talks.

In all, 104 prisoners have been slated for release over nine months. The decision has stirred anger in Israel, where victims' families say it is an insult to their loved ones. **THE ASSOCIATED PRESS**

Villa snaps, cracks, pops into sinkhole

'Sounded like popcorn.'

Guard rushes to wake guests as villa in Florida starts falling apart

As windows broke and the ground shook, vacationers who were awakened in their rooms at a villa near Orlando, Fla., soon realized that the building was starting to collapse — parts of it swallowed by a 100-foot sinkhole.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests were evacuated, as were those in the neighbouring buildings. No injuries were reported.

Inspectors remained on the scene Monday to determine whether the two buildings nearby would be safe to enter.

The first sign of trouble came about 10:30 p.m. Sunday. Security guard Richard Shanley had just started his shift.

A guest flagged him down to report that a window had blown out. The resort's staff decided to evacuate the villa.

Shanley said the building seemed to sink by 10 to 20 inches and bannisters began to fall off as he ran up and down three floors trying to wake up guests. One couple with a baby on the third floor couldn't get their door open and had to break a window to get out, he said.

"It's a scary situation," Shanley said, and guests credited him with saving lives by awakening them.

Amy Jedele heard screams coming from one of the adjacent buildings around 10:30



Employees install barricades around the collapsed building by a sinkhole at Summer Bay Resort on Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES

p.m., and several minutes later, the sounds of sirens. She and her fiancé, Darren Gade, went outside. "That's when you could hear the pops and the metal, the concrete and the glass breaking," she said.

"It sounded like popcorn," said Maggie Moreno, who was visiting with her family. "The building was just snapping."

THE ASSOCIATED PRESS

A common problem

Sinkhole problems are ongoing in Florida. They cause millions of dollars in damages in the state annually.

- On March 1, a sinkhole underneath a house in

Seffner swallowed a man in his bed. His body was never recovered.

- Fatalities and injuries are rare; most sinkholes are small.

Senator says she will repay 'mistakes,' but report hints at other worries: Source



Sen. Pamela Wallin at a Senate hearing in Ottawa on Monday. PATRICK DOYLE/THE CANADIAN PRESS

Pamela Wallin said she will reimburse taxpayers for all disputed travel expenses but denied wrongdoing as she claimed all those flights and taxi rides were just part of her job as a busy senator.

"I never intended to seek nor sought reimbursement for travel expenses in any situation where I did not believe such a claim was proper," Wallin told reporters Monday.

The statement came before Wallin headed into a meeting of the Senate committee on

Accusation

Sources said Monday the report will detail travel expenses related to the board of directors Wallin used to sit on, her time at the University of Guelph and fundraising for the Conservative party.

internal economy, budgets and administration, where her colleagues discussed a review by the forensic accounting firm

Deloitte, dating back to more than four years ago.

Sources said Monday the committee is expected to recommend Wallin reimburse at least \$120,000 in expenses.

Sources also said that auditors flagged a number of instances where Wallin had altered her electronic calendar after the review had begun.

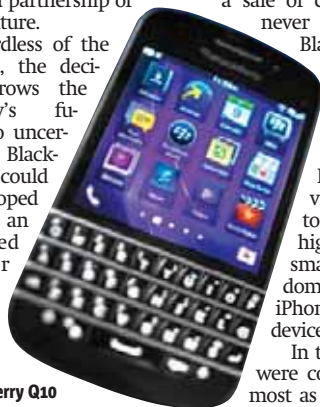
"It is my view that this report is the result of a fundamentally flawed and unfair process," said Wallin. **TORSTAR NEWS SERVICE**

Waterloo. BlackBerry weighs sale options as review begins

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

The board of directors at the Waterloo, Ont.-based company launched a review of "strategic alternatives" which it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea



A BlackBerry Q10
THE CANADIAN PRESS FILE

that has gained favour since last week when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

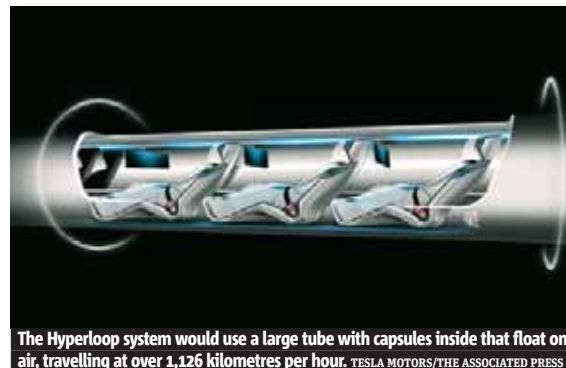
In some ways, the company has been here before, but the stakes are different this time around. BlackBerry launched a softer review of its "strategic business model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

Since then, the new high-end BlackBerry 10 devices have struggled to gain favour in the highly competitive smartphone market dominated by Apple's iPhone and the Android devices.

In the U.S., the phones were considered a dud almost as quickly as they hit shelves. THE CANADIAN PRESS

PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option

for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would

be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc., and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for

Quoted



"I don't have any plans to execute, because I must remain

focused on SpaceX and Tesla." Hyperloop designer Elon Musk

more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it.

THE ASSOCIATED PRESS

Loyalty program. CIBC seeks to keep half of Aerogold clients

The company that runs the Aeroplan loyalty rewards program said Monday that TD Bank will replace CIBC as the primary credit card issuer in the new year, although CIBC is seeking to keep about half of the current Aerogold customers.

The two rival banks and Aeroplan operator Aimia Inc. have agreed to continue talks and are aiming to have a definitive compromise by Aug. 26, about 2 1/2 weeks after a Aug. 9 deadline for CIBC to

match TD's offer.

CIBC said Monday that it's willing to have TD buy the half of the Aerogold portfolio whose clients only have credit cards, but it wants to keep the half held primarily by clients with broader banking relationships.

"In the event an agreement is not reached, CIBC retains its rights to exercise its legal options under the provisions of its existing contract with Aimia," CIBC said in a news release. THE CANADIAN PRESS

New York investigates virtual currency

New York is trying to corral the "Wild West" atmosphere of virtual currencies such as Bitcoin and may create new regulations to keep the growing technology from being used in crimes.

Financial Services Superintendent Benjamin Lawsky's inquiry was confirmed in a memo provided to The Associated Press on Monday.

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activ-

Quoted

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activity."

New York's Financial Services Superintendent Benjamin Lawsky

ity, such as drug smuggling, money laundering, gun running and child pornography," Lawsky wrote in the memo dated Monday.

He described virtual currencies as a "Wild West" for criminals that could threaten

national security.

The memo cites a wide range of companies and investors who received subpoenas for documents and data that Lawsky said will help better understand the burgeoning industry. Among

the investors on the list are Google Ventures and another company called Winklevoss Capital Management, with "key personnel" listed as Tyler and Cameron Winklevoss — the twins who sued Mark Zuckerberg in 2004 claiming he stole the idea for Facebook from a company founded by the Winklevosses and a third person from Harvard.

There was no immediate response to a request for comment from the Winklevoss brothers.

THE ASSOCIATED PRESS

Turkey

Liquor warnings decree 'Alcohol is not your friend'

Bottles and cans of alcohol sold in Turkey must soon bear warnings similar to those on cigarette packages, including the phrase "Alcohol is not your friend." The new regulations about the labels result from a law passed in May that restricts the sale and advertising of alcohol. The law was one reason a wave of anti-government protests hit Turkey in June. THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.06¢
(-0.08¢)



TSX
12,594.27 (+52.14)



OIL
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Dow Jones: 15,419.68 (-5.83)

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- ★ Cassidy from Halifax

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Granite & Marble Fabricator

Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada

Job Type: Full-Time

Granite & Marble Fabricator wanted for shop in Bayers Lake Park in Halifax. Full time employment, starting at \$15/hr. Minimum 5 years experience.

Cook wanted for Greek Cuisine in Bayers Lake restaurant

Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada

Job Type: Full-Time

Cook wanted for restaurant that specializes in Greek/European Cuisine, full time employment, must have at least 3 years experience, and starting at \$13/hr.

Pastry Makers specializing in Greek/Middle Eastern pastries

Address: 15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada

Job Type: Full-Time

Pastry Makers specializing in Greek/Middle Eastern pastries needed for Pastry Shop in Bayers Lake Park, minimum 5 years experience, starting at \$13/hr.

For more info please call Peter at 830-3445

DECOR DISPUTE HITS HOME

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but, hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalist living rooms that I could never recreate. I lay awake at night lusting after expensive flush-mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my newfound obsession with interior design. His eyes glazed over as I tried to explain the



SHE SAYS

Jessica Napier

metronews.ca

nuanced differences between eight different shades of white and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all these ideas about bar-stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring

bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

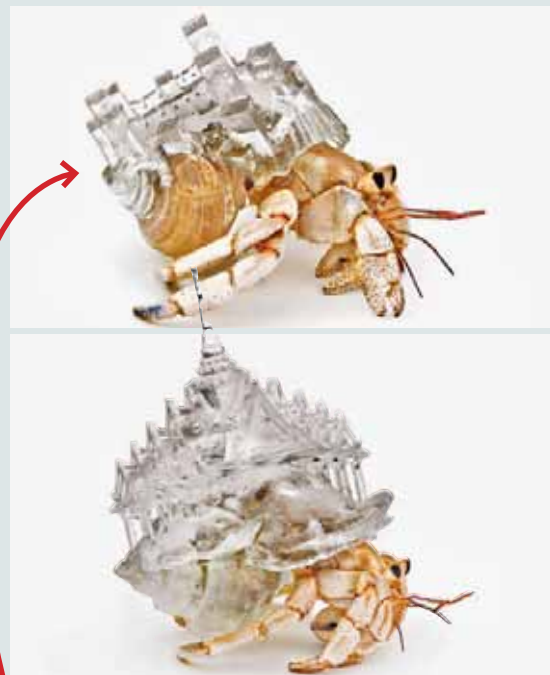
I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic-cottage-meets-Palace of Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shelling out for new digs



COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of sea shells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline, and a Thai pagoda. **METRO**

Q and A

'Changing identity'



AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?

In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land

every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

Happy tourist. Lost SD card leads to digital good deed

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

It was like finding a message in a bottle when Brent Darbyson discovered a camera's memory card lying in the wet sand of Lawrencetown Beach.

Launching a rescue mission to return the SD card with its cache of digital photos to their owner, Darbyson recovered a photo file that showed three surfers posing together and took to the web to do some surfing of his own.

A couple of lost-and-found

posts later, Darbyson was in touch with Halifax's surfing community. The three dudes in the photo seemed to be out-of-towners, but a few people recognized their rental gear. The equipment provider identified the likely owner of the photo card as Rene Boudreau, who had been visiting from New Brunswick.

"It's such a small act," says Darbyson. To Boudreau, however, it was a big deal. "It's crazy and really cool that you found the SD card and were able to identify us."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published August 9

This is really sad on many fronts. This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa, put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done

about this?

Well, try nothing as usual. Until government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world.

When you don't enforce your own laws, what do you think is going to happen?

Sad indeed because it could have been prevented if people in power had brains and used common sense.

A sad, sad tragedy and no one will pay a price other than the children and the animal.

Shame on you all.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Disney's wonderful world



D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina

Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted

with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the-art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and

Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teasers from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled sim-

ply 1952, the "dusty old box" contained a mysterious mish-mash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

Kutcher: The right man for the job

Ashton Kutcher knows you were skeptical of his ability to portray Steve Jobs. But that only further propelled him to effectively honour the late Apple great.

"It sucks to be judged before you even have a chance to prove yourself, but that's the world that we live in," the 35-year-old actor says. "For those people, their day will come when people judge them and want to hold their feet to the fire for mistakes or something they haven't done yet. I like a good challenge — tell me I can't do something."

To play the tech wiz in Jobs — which chronicles Apple's

beginnings and the business obstacles that came after it found success — Kutcher threw himself into the lifestyle that Jobs led, even landing in the emergency room after following the fruitarian diet Jobs was a proponent of.

"I read a book by this guy Arnold Ehret, which was a book that Steve read, called The Mucusless Diet Healing System," Kutcher recalls. "I think the guy who wrote that book was pretty misinformed and my insides got messed up and my pancreas kind of went crazy. The levels were really off and it was really painful."

But not uprooting his life

Give that man an Apple

"I just wanted to honour his legacy and do so honestly. I didn't want to glorify him. I didn't want to vilify him."

Ashton Kutcher on playing Steve Jobs

to become the Apple mogul was out of the question, Kutcher says, because "he's so well documented I couldn't afford not to resemble him."

Indeed, stepping into that black turtleneck (at least for one scene) was a character study for Kutcher,

who says he had never met Jobs and only "had a mild appreciation for the products he created." But shedding light on Jobs the human, who had flaws just like the rest of us, was important to the actor.

"I just wanted to honour his legacy and do so honestly," he says.

"I didn't want to glorify him. I didn't want to vilify him. I just wanted to tell the truth. There's a lot of conflicting stories, but we just try to tell the most honest interpretation of his story that we could."

MEREDITH ENGEL, METRO WORLD NEWS



Ashton Kutcher plays Apple founder Steve Jobs in Jobs. CONTRIBUTED

2 SCENE

To Cory, with love: Michele dedicates award to Monteith

Lea Michele accepted the Teen Choice Award naming Glee Best TV Comedy by dedicating it to her late boyfriend and co-star, Cory Monteith. "I wanted to dedicate this award to Cory. For all of you out there who loved and admired Cory as much as I did, I promise that

with your love we're going to get through this together," she said from the stage, flanked by her Glee co-stars. "He was very special to me and also to the world. We were very lucky to witness his incredible talent, his handsome smile and his beautiful, beautiful heart."



Lea Michele ALL IMAGES GETTY

Twitter



@ElizabethHurley

Memory Lane today..... in a black leather catsuit for a new campaign. It's been some time since I've shoehorned myself into one. My son on set- and ecstatic.



@NicholasHoult

I went to a Roller Derby match in Montreal over the weekend, if you get the chance to go then do. Crazy sport and fun people.



@tyranks

Forget I was trying to be veggie and ordered some darn meatballs. Shoot!!!



@TheRealRoseanne

That's it! I'm going back to comedy!

Mama Bynes gets busy overseeing Amanda's well-being

Amanda Bynes' mother, Lynn Bynes, has been awarded a temporary conservatorship over her troubled daughter, and she's not wasting any time making decisions.

Her first act? Moving Bynes from her current psychiatric ward, according to Radar Online. "Lynn wants Amanda in a

more private facility," a source says. "It could happen as soon as this week. She will get better care at a private facility." The temporary conservatorship, granted late last week, gives Lynn control over decisions about Amanda's health and finances and will be in effect until Sept. 30.



Amanda Bynes

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did Ben Affleck really visit Lohan in rehab?



THE WORD

Dorothy Robinson
scene@metronews.ca

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, *Live by Night*, a source tells Radar Online.

"Lindsay was excited

about the opportunity, telling me that she was going to have dark hair in the movie and would have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan.

But it is nice to think so, isn't it?

Ralph Domestic Short Hair

12 year-old Ralph was found in his carrier on the front step of the SPCA. Don't let Ralph's age deter you; this fella is very healthy and has many more years ahead. His desire to trust and love is not often seen in a cat. After being petted, he will rub his face against yours and purr softly. He will let you know he's ready to be picked up by putting his paws on your chest. He's a loving little man who will enrich the life of his new family – preferably one with no younger children. Please visit Ralph today...he is anxious to start a second chance at a happy life.



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For more information on Ralph and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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ROMINA MCGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.



Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.



Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.



New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.



Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.



3 LITERS



Welcomes
Dr. Stephanie Schellenberg (Smith)
to our team!

Dr. Colette Vallee, Dr. Asile El-Darahali, Dr. Leigh Smith,
and Dr. Greg Lovely congratulate Dr. Stephanie Schellenberg
on receiving the Dalhousie University Medal for Dentistry

New Patients Welcome

835-3954 • Bedford Place Mall • Bedforddentalcentre.ns.ca



Dr. Stephanie
Schellenberg (Smith)

ocean
OPTOMETRY



5240 Blowers Street, Halifax • (902) 446-4470 • oceanoptometry.ca

Keep backyard dishes simple with two-step corn salad



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

1. Preheat your barbecue

Ingredients

- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper



This salad serves four. ROSE REISMAN

to medium-high heat. Grill the corn cobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and pep-

pers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeño, garlic, and salt and pepper to the corn mixture and stir to combine.

Health Solutions

The science of aging



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mere-z) that are in every cell in your body and the health of which are an indication of the aging process.

The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age. There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"—red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Spice-Rubbed Chicken Breasts

1. Set the chicken breasts on a cutting board and slice horizontally across the piece to create 2 thinner halves. One at a time, cover each half with plastic wrap then use a meat mallet to pound to an even thickness. Drizzle the pounded halves with the olive oil and rub all over.

2. In a small bowl, combine the brown sugar, cumin, garlic powder, onion powder, paprika, thyme, salt, pepper and allspice. Rub the mixture over both sides of each of the 4 pieces of meat.

3. If cooking on the grill, heat to medium heat. Cook

for 2 minutes per side. If cooking on the stovetop, in a large skillet heat 1 tablespoon of canola oil over medium-high. Cook for 2 to 3 minutes per side, or until the chicken reaches an internal temperature of 160 F. Let rest 5 minutes.

THE ASSOCIATED PRESS

Ingredients

- 2 boneless chicken breasts
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp sweet paprika
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp ground allspice



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Too many money rules? Here's a few more

Alison on money. So we're a bit obsessed with lists these days — here's some that can really help



YOUR MONEY
Alison Griffiths
money@metronews.ca

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of Boomer & Echo: Financial freedom at any age (boom-erandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-obsessed media. For example, both Money Magazine and Forbes recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.

2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound like the first rule of eating?)

2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-per-

forming mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?



Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Save for the future. Squirrels do it. Aren't you as smart as a squirrel? ISTOCK IMAGES

Are you really my friend?

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND CYNTHIA VALDEZ
Metro World News

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled Are You Really My Friend?

What is it like to travel and visit more than 700 friends?

It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, especially the people that don't

have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?

Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?

On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is so "photographable".

We know your friends let you stay at their homes but

how much money have you spent so far?

A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?

I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?

Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything. It's also incredibly difficult travelling alone and trying to remember everything.

When do you think you're going to finish this journey?

Hopefully within a year or two. It really depends on

how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?

Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?

I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.

Are you planning to make an expo besides publishing your photos on Facebook?

Yes, I post everything online in Facebook and in my blog and in the end I'm planning to have an exhibition at a museum.



Tanja Hollander CONTRIBUTED



CONTRIBUTED

ST. FRANCIS OFFERS INNOVATIVE PROGRAM

The diploma in intellectual disability studies is an innovative online program created in collaboration between experts in the field of intellectual disabilities and the continuing and distance education department of St. Francis Xavier University.

It is available to adults with experience and interest in the issues faced by people with intellectual disabilities.

"We feel it is important to pay attention to the contributions that people with

developmental disabilities make towards building stronger communities," says Mary MacInnis, program co-ordinator.

"We believe they have an important role to play in recovering the meaning of community and in bringing about personal and social transformation."

Consisting of four courses and a practicum, the program is of interest to group home leaders and workers, residential care facility coordinators, L'Arche assistants and directors, employment counsel-

lors, residential counsellors, teaching assistants, CACL staff and parents.

The focus is on caring about, as well as caring for, and encourages a reciprocal relationship between the caregiver and the person with an intellectual disability, recognizing that each has gifts to bring to the relationship.

This program stresses a community model of care and emphasizes social and spiritual needs, as well as the physical needs of the individual.

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"Our customers do have a choice on who they can use and I am very proud of the increasing levels of repeat

customers," Steffin says.

By being committed to creating a safer workplace, Liftow is continually setting and exceeding the standard in forklift and safety training.

"Our customer base in Atlantic Canada has been increasing year after year due to customer satisfaction," Steffin says.

For more information about Liftow and the safety training available, call 902-469-6721, or visit liftow.com.



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NBL

Ex-Rainmen coach Spon inks deal with Mill Rats

It didn't take long for the Halifax Rainmen's former head coach to find a new job.

Rob Spon, who guided the Rainmen to a 17-17 record last year, signed with the Saint John Mill Rats on Monday.

The Rainmen officially dropped Spon after hiring Chris Terrell last Wednesday.

"Coach Spon is one of the most respected veteran coaches in professional basketball. He's a great tactician and a players' coach," said Mill Rats president and general manager Ian McCarthy in a team-issued release.

Spon has a wealth of experience coaching minor-pro basketball, with, among other leagues, the NBL and CBA.

He has also served as a part-time scout for the NBA's Cleveland Cavaliers.

"I am thrilled to be coming to Saint John to work with a such a great organization and in a great sports city," stated Spon in the release. "I am excited to be able to coach the home team in such a world-class arena like Harbour Station, and in front of their great, great fans."

ANDREW RANKIN/METRO



Former Rainmen coach Rob Spon signed with the St. John Mill Rats.
JEFF HARPER / METRO FILE



Funnyman Gerry Dee, right, and retired tennis pro Jim Courier celebrate a win during a celebrity doubles match prior to The Legends Cup Monday on the Halifax waterfront. JEFF HARPER/METRO

Tennis greats still have some game

Legends Cup. Former top-10 players Courier and Pernfors play like they have something to prove in friendly match



ANDREW RANKIN
andrew.rankin@metronews.ca

They may be a few decades past their prime, but on Monday evening tennis greats Jim Courier and Mikael Pernfors showed they still have a little magic up their sleeves.

Billed as the Legends Cup,

In the crowd

"They were entertaining and the tennis was a treat to watch, it was just a lot of fun."

Spectator Brenda Redmond on the Salter Lot's Legends Cup matchup

the former top-10 players in the world battled it out to the end on an impressive makeshift venue on the waterfront's Salter Lot.

It was the younger, former world No. 1 Courier who came out on top, edging the 1993 Canadian Masters champion in a tiebreaker (7-5) before a delighted crowd of about 350.

"I'm not bitter," said Pernfors. "The only thing that

bothers me is that I'm not undefeated in Canada anymore," he added jokingly.

Pernfors was the more fluid and crafty of the pair, bringing a baseline game mixed with a bit of everything, from sneaky drop shots to behind the back volleys. After falling into a two-games-to-none hole, Courier showed his technical superiority, quickly tying the set.

From there, they continued to entertain with impressive baseline rallies, perfectly placed cross-court volleys and a few aces here and there.

Courier insisted he gave everything he had in the win.

"I basically won it on the last point with a really good running pass," said Courier. "The court was really fast. I had no strategy other than to play my best. It was a lot of fun."

But the colourful Swede wasn't buying it.

"Jim was nice to me," he said with a chuckle. "If he tried his hardest maybe it wouldn't be as close as it was."

N.S. athletes enjoy eight-medal day

Team Nova Scotia officials said Week 2 of the Canada Summer Games would see more Bluesnipers on the podium — and the athletes wasted no time proving them right.

Nova Scotia added eight medals to its total on Monday, including the team's second and third gold medals of the games.

Ailish McNulty, 17, of Dartmouth and Anna Hetzler, 18, won their heat handily and

then defeated Ontario by more than two seconds to claim victory in the women's K2 500-metre.

"We were really excited to make Nova Scotia proud," said a jubilant McNulty on Monday evening. "We had some good competition from Ontario and Quebec ... but we had a really, really great finish."

The pair competed at the Junior World Championships in Welland, Ont., last week and

missed out on a medal by 0.8 seconds.

Hetzler said they were confident they'd reach the podium at the Canada Games.

"We came in thinking that, and we came in wanting it, and that's what we did," she said.

Hetzler and McNulty were also on the team that claimed silver in the K4 500m event, and Hetzler said there could be more hardware in store.

"I'm stoked, I can't wait to

race my other two races," she said.

The other gold medal of the day came from Pam Lejean of Sydney in the women's para shot put.

Nova Scotians also claimed silver in the men's C1 500-metre, women's C2 500-metre and K1 500-metre.

Bronze-medal finishes came in the women's C1 500-metre and IC-4 500-metre.

RUTH DAVENPORT/METRO



Anna Hetzler, left, and Ailish McNulty show off their golds on Monday.
COURTESY COMMUNICATIONS NOVA SCOTIA

4 SPORTS

Happ-less Blue Jays waste solid pitching performance



Athletics second baseman Eric Sogard tags out the Blue Jays' Brett Lawrie on a stolen base attempt on Monday in Toronto. The A's won 5-1. NATHAN DENETTE/THE CANADIAN PRESS

MLB. Toronto lefty in fine form, but team still loses to A's for third time in the series

J.A. Happ gave the Toronto Blue Jays everything but a win Monday afternoon.

Alberto Callaspo doubled in two runs in a four-run ninth inning to power the Oakland Athletics past Toronto 5-1 at Rogers Centre. The win gave the A's (67-50) three of four against the Jays (54-64).

The defeat was a bitter pill to swallow for Happ, who is also mourning the loss of his grandfather. Happ allowed three hits, two walks and one run while striking out six over seven innings in his second start since being hit in the head by a line drive May 7 at Tropicana Field.

The only run Happ surrendered came on the first

On Monday

5

Athletics

1

Blue Jays

hitter he faced as Chris Young belted his 10th homer this season and fifth by Oakland to lead off a game. After walking Young to lead off the third, Happ retired 14 consecutive batters until Callaspo hit his first double of the game with two out in the seventh.

Oakland right-hander Dan Straily held Toronto to six hits and one run over 7 1/3 innings.

Callaspo knocked in two runs off Toronto closer Casey Janssen (4-1) with his second double of the game. Stephen Vogt singled in another and Eric Sogard hit a sacrifice fly.

THE CANADIAN PRESS

Tennis

Canadians climb the ranks of world's best

Milos Raonic is the first Canadian men's singles player to be ranked in the top 10, thanks to his run to the final of the Rogers Cup.

The star player from Thornhill, Ont., who lost to Rafael Nadal in Sunday's final in Montreal,

is No. 10 in the new ATP rankings released Monday.

He moved up three spots from No. 13, his previous career high.

Raonic didn't have the biggest jump in the rankings among Canadian men, however.

Vasek Pospisil of Vernon, B.C., who lost to Raonic in the Rogers Cup semifinals, rose 31 spots to No. 40 to reach his career high. **THE CANADIAN PRESS**



Milos Raonic
THE CANADIAN PRESS

World championships

Fraser-Pryce outshining fellow Jamaican Bolt

The U.S.-Jamaican sprint rivalry is turning into a rout at the world championships.

With her long hot-pink hair slashing in the air behind her, Shelly-Ann Fraser-Pryce captured the 100-metres Monday with a winning margin of Bolt-esque proportions.

Fraser-Pryce sped to an early lead that kept growing and finished in a world-leading 10.71 seconds. She even had time to clench and pump her fist as she crossed the line.

Silver medallist Murielle Ahouré of the Ivory Coast trailed by a massive 0.22 seconds, more than double the previous top margin in 30 years of world championships. Defending champion Carmelita Jeter of the U.S. took bronze.

Fraser-Pryce now has two Olympic and two world titles in the 100 at the same age of 26.

"I am Shelly-Ann Fraser-Pryce. I compare myself to nobody," the Jamaican said. "What Usain (Bolt) has, he has. What I have is hard work." **THE ASSOCIATED PRESS**

Track and field. Spousal rivalry raises the bar for Canadian heptathlete

One day after Ashton Eaton won his first world title in the decathlon, his new wife is in the running for a medal in the heptathlon.

Canadian Brianne Theisen Eaton, a native of Humboldt, Sask., who married the American Olympic decathlon champion last month, was fourth Monday after the first day of the seven-discipline event.

The heptathlon at this year's world championships is wide open because of the absence of Olympic champion Jessica Ennis-Hill and defending champion Tatyana Chernova. Both are out injured.

That gave Ganna Melnichenko of Ukraine an opening, and she took it, amassing 3,912 points at Luzhniki Stadium. Dafne Schippers of the Netherlands is second with 3,837 points, followed by American Sharon Day, in third with 3,836. Theisen Eaton is fourth with 3,810 points.

With her husband watching from the stands, Theisen Eaton jumped out to a quick lead after finishing the opening 100-metre hurdles with the fastest time of the day, 13.17 seconds. But she soon dropped to second after the high jump and then fourth after the shot put. **THE ASSOCIATED PRESS**



Brianne Theisen Eaton competes in the high jump in the heptathlon at the world track and field championships in Moscow on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	71	49	.592	—
Tampa Bay	66	50	.569	3
Baltimore	65	52	.556	4½
New York	60	57	.513	9½
Toronto	54	64	.458	16

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	69	48	.590	—
Kansas City	62	54	.534	6½
Cleveland	63	56	.529	7
Minnesota	53	63	.457	15½
Chicago	45	72	.385	24

WEST DIVISION

	W	L	Pct	GB
Texas	69	50	.580	—
Oakland	67	50	.573	1
Seattle	54	63	.462	14
Los Angeles	53	64	.453	15
Houston	37	80	.316	31

Monday's results

Oakland 5 Toronto 1
Texas 2 Houston 1
N.Y. Yankees 2 L.A. Angels 1
Kansas City 6 Miami 2
Chicago White Sox 6 Detroit 2
Minnesota 3 Cleveland 0

Sunday's results

N.Y. Yankees 5 Detroit 4
Cleveland 6 L.A. Angels 5
Oakland 6 Toronto 4
Kansas City 4 Boston 3
Minnesota 5 Chicago White Sox 2
Texas 6 Houston 1
Seattle 2 Milwaukee 0

Tuesday's games — All times Eastern

L.A. Angels (Vargas 6-4) at N.Y. Yankees (Sabathia 9-10), 7:05 p.m.
Boston (Dempster 6-8) at Toronto (Redmond 1-1), 7:07 p.m.
Seattle (Ramirez 3-0) at Tampa Bay (Archer 6-4), 7:10 p.m.
Milwaukee (Estrada 4-4) at Texas (Ogando 5-3), 8:05 p.m.
Miami (Fernandez 8-5) at Kansas City (Chen 5-0), 8:10 p.m.
Detroit (Scherzer 17-1) at Chicago White Sox (Santana 3-7), 8:10 p.m.
Cleveland (McAllister 4-7) at Minnesota (Dodgers 7-5), 8:10 p.m.
Houston (Lyles 4-6) at Oakland (Colon 14-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	72	47	.605	—
Washington	57	60	.487	14
New York	54	61	.470	16
Philadelphia	53	65	.449	18½
Miami	44	73	.376	27

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	70	47	.598	—
St. Louis	67	50	.573	3
Cincinnati	66	52	.559	4½
Chicago	52	66	.441	18½
Milwaukee	51	67	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	50	.573	—
Arizona	59	57	.509	7½
Colorado	55	64	.462	13
San Diego	53	64	.453	14
San Francisco	52	65	.444	15

Monday's results

Philadelphia 5 Atlanta 1
Cincinnati 2 Chicago Cubs 0
San Diego at Colorado
Baltimore at Arizona
N.Y. Mets at L.A. Dodgers

Sunday's results

Cincinnati 3 San Diego 2 (13 inn.)
Atlanta 9 Miami 4
St. Louis 8 Chicago Cubs 4
Baltimore 10 San Francisco 2
Colorado 3 Pittsburgh 2
N.Y. Mets 9 Arizona 5
Washington 6 Philadelphia 0
L.A. Dodgers 8 Tampa Bay 2

Tuesday's games — All times Eastern

San Francisco (Bumgarner 11-7) at Washington (Gonzalez 7-5), 7:05 p.m.
Philadelphia (Martin 1-1) at Atlanta (Medlen 9-10), 7:10 p.m.
Cincinnati (Bailey 7-10) at Chicago Cubs (Samardzija 6-11), 8:05 p.m.
Pittsburgh (Morton 4-3) at St. Louis (Wainwright 13-7), 8:15 p.m.
San Diego (Stults 8-10) at Colorado (Manship 0-1), 8:40 p.m.
Baltimore (Gonzalez 8-5) at Arizona (Delgado 4-3), 9:40 p.m.
N.Y. Mets (Harvey 9-3) at L.A. Dodgers (Ryu 11-3), 10:10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	7	6	36	24	39
New York	11	8	5	36	31	38
Philadelphia	10	7	7	36	32	37
Montreal	10	7	5	34	34	35
Houston	9	7	6	26	22	33
Chicago	9	9	4	29	32	31
New England	8	9	6	27	23	30
Columbus	7	11	5	27	30	26
Toronto FC	4	11	8	21	31	20
D.C. United	3	16	4	13	38	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	7	5	39	26	41
Vancouver	10	7	6	36	30	36
Colorado	9	7	9	31	27	36
Portland	8	3	11	32	21	35
Los Angeles	10	9	4	35	30	34
Seattle	10	7	4	29	23	34
FC Dallas	8	6	9	30	33	33
San Jose	8	10	6	25	35	30
Chivas USA	4	13	6	20	40	18

Sunday's results

FC Dallas 3 Los Angeles 3
Chivas USA 1 Colorado 1
Saturday's games — All Times Eastern
D.C. United at Montreal, 7 p.m.
Toronto FC at Columbus, 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at New York, 8 p.m.
Seattle at Houston, 9 p.m.
Vancouver at Colorado, 9:30 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
FC Dallas at Portland, 11 p.m.

CFL

WEEK 8

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	6	4	2	0	194	141	8
Hamilton	6	2	4	0	129	187	4
Montreal	6	2	4	0	135	177	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	6	5	1	0	210	129	10
Calgary	6	5	1	0	204	160	10
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Friday's game — All Times Eastern

Hamilton at Winnipeg, 8 p.m.

Saturday's games

Montreal at Saskatchewan, 4 p.m.

Calgary at B.C., 9 p.m.

Sunday's game

Edmonton at Toronto, 7 p.m.

Horoscopes

Aries

March 21 - April 20

A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

Taurus

April 21 - May 21

If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

Gemini

May 22 - June 21

Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

Cancer

June 22 - July 23

Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

Leo

July 24 - Aug. 23

It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

Virgo

Aug. 24 - Sept. 23

You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

Libra

Sept. 24 - Oct. 23

Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

Scorpio

Oct. 24 - Nov. 22

Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

Sagittarius

Nov. 23 - Dec. 21

With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

Capricorn

Dec. 22 - Jan. 20

Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

Aquarius

Jan. 21 - Feb. 19

If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

Pisces

Feb. 20 - March 20

You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. 9:30am and 2:45pm
6. "It's Like That" by Run-DMC
9. Ms. Turner
13. On ___ (Is winning)
14. "Bye!"
15. Equal: French
16. 1980 golf comedy
18. ___-de-camp
19. Pop group, ___ Direction
20. 7th Greek letter
21. Streaming media provider
23. Stone of hieroglyphics
26. Open court hearings
27. Conform
29. Himalayas land
31. Ancient Egypt: Son of Ramses I
32. Sales pro
33. House toppers
37. What an athlete might lose because of steroid use: 2 wds.
41. Special snack
42. Tic-___-Toe
43. Associations [abbr.]
44. Administered, as medication
46. Healed
47. Annie Lennox hit: "No ___ Love You's"
51. Saint Joseph's ___

- (Montreal church/tourist attraction on Mount Royal)
53. Famous hotel in Ottawa, Fairmont ___ Laurier
55. Big noise
56. Scoundrel
59. "Fame" (1980) star Irene
60. Norwegian, for one: 2 wds.

63. Portland, ___
64. Clue
65. Ebb and neap
66. Agile or lively
67. Compass dir.
68. Purges

Down

1. Old El Paso kit component
2. Tehran's land
3. Whoopi Goldberg's

- job on "The View"
4. Yore
5. Most cunning
6. Day: Spanish
7. Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan ___ (b.1798 - d.1862) ...also the great-great-grandfather of Prince Charles' wife

- Camilla
8. Pepsi competitor
9. Like Romaine lettuce
10. Nimble
11. Low point
12. Mr. Trebek's
14. Gab
17. Sault ___, Marie, Ontario
22. Go from bottom back up ___

24. Sound off
25. Informant
27. Beast of burden
28. Store section, shortly
30. Mr. Clapton
32. ___-Rooter
34. Scent
35. Get to BC's coastal islands from the mainland by way of one: 2 wds.
36. Greenish hue
38. The Beatles' "Sexy" ___
39. Tried some: 3 wds.
40. '60s hallucinogenic
45. Manitoba town
46. Bill Haley's backups
47. Doctor on "Star Trek"
48. Family in "Gone with the Wind" (1939)
49. More unique
50. Story, in a house, in French
52. Thanks, to Brits
54. Patient's pain
57. Afresh
58. D'Urbervilles heroine
61. Feminine 'one' in French
62. Sass

Yesterday's Crossword

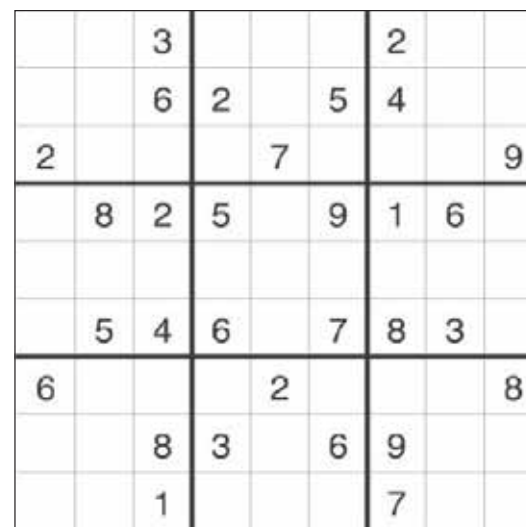


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

22°/13°
Showers
40%

Wednesday

20°/12°
Rain
80%

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Rondo EX Luxury shown¹

Sorento EX shown²

Forte SX shown³

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7 PASSENGER SEATING AVAILABLE
 HWY (M/T): 6.2L/100KM
 CITY (M/T): 9.4L/100KM

OWN IT FROM
\$129⁴
 BI-WEEKLY

WITH
\$0
 DOWN

AT
0%
 APR

INCLUDED FEATURES:

- 16" Steel Wheels
- Heated Front Seats
- Bluetooth[®]
- Steering Wheel Mounted Audio Controls
- Air Conditioning
- Keyless Entry
- FlexSteer™

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THE NEW 2014 SORENTO

7 PASSENGER SEATING AVAILABLE
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 CITY (A/T): 10.4L/100KM

OWN IT FROM
\$157⁴
 BI-WEEKLY

WITH
\$0
 DOWN

AT
0%
 APR

INCLUDED FEATURES:

- Heated Front Seats
- Air Conditioning
- Rear Parking Sonar
- 6-Speed Automatic Transmission
- Keyless Entry
- Bluetooth[®]

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THE ALL-NEW 2014 FORTE

HWY (M/T): 5.3L/100KM
 CITY (M/T): 8.0L/100KM

OWN IT FROM
\$96⁴
 BI-WEEKLY

WITH
\$0
 DOWN

AT
0%
 APR

INCLUDED FEATURES:

- 15" Steel Wheels
- Electronic Stability Control
- Steering Wheel Mounted Audio Controls
- 6 Airbags
- Anti-lock Brakes

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Forte Sedan LX MT with a purchase price of \$17,559.

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